

KEEPING YOUR ADOLESCENT SAFE

RESOURCE GUIDE



Hotline Numbers

- National Suicide Prevention Lifeline at (800) 273-TALK (8255)
- The Harris Center for Mental Health and IDD: (866) 970-4770
- Suicide prevention telephone service:
 - Spanish: (713) 526-5088
 - Teen line: (713) 529-8336
- Non-Suicidal Self-Injury (NSSI) Hotline:
 - (800) DONTCUT (800) 366-8288



Hospitals/Psychiatric Centers*

Emergency psychiatric providers

- Ben Taub Psychiatric Center
 - (713) 873-4900 (main number)
- Memorial Herman Mental Health Crisis Clinic
 - (713) 338-6422 (call first, hours vary)

In-Patient Hospital/Residential

- Kingwood Pines Hospital
 - (281) 404-1001
- Texas West Oaks Hospital
 - (713) 995-0909



Apps (available for iPhone and Android)

- CIH (Crisis Intervention of Houston)
- Ask & Prevent Suicide
- MY3
- Virtual Hope Box
- S.A.F.E. Alternatives



Helpful Websites

- http://www.suicidefindinghope.com/content/creating_a_safety_plan
- S.A.F.E. Alternatives: www.selfinjury.com

* Note: This list is not exhaustive and no location is being recommended over another. These are a few listed in the Cy Fair 2015 Resource Guide.

National Organizations and Federal Agencies

- American Association of Suicidology (AAS)
<http://www.suicidology.org>
- American Foundation for Suicide Prevention (AFSP)
<http://www.afsp.org>
- Indian Health Service (IHS)
<http://www.ihs.gov/NonMedicalPrograms/nspn>
- National Association of School Psychologists (NASP)
<http://www.nasponline.org/index.aspx>
- National Alliance on Mental Illness
<https://www.nami.org/>
- National Institute of Mental Health (NIMH)
<http://www.nimh.nih.gov>
- National Suicide Prevention Lifeline
<http://www.suicidepreventionlifeline.org/default.aspx>
- Suicide Prevention Resource Center (SPRC)
<http://www.sprc.org>
- The Trevor Project
<http://www.thetrevorproject.org/>
- U.S. Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/ViolencePrevention/suicide/index.html>
- U.S. Department of Education (ED)
<http://www.ed.gov>
- U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov>
- Light for Life Program
<http://www.yellowribbon.org/>
- National Institute of Mental Health Suicide Prevention Resources
<http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
- National Mental Health Association
www.nmha.org
- S.O.S. High School Suicide Prevention Program
<http://www.mentalhealthscreening.org/highschool>
- Suicide Awareness/Voices of Education (SAVE)
www.save.org
- Suicide Prevention Therapist Finder (SPTF)
<http://www.HelpPRO.com/SPTF>
- Jason Foundation Parent Resource Program
<http://www.jasonfoundation.com/prp/>

*Resource guide assembled by CFISD Department of Psychological Services
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